

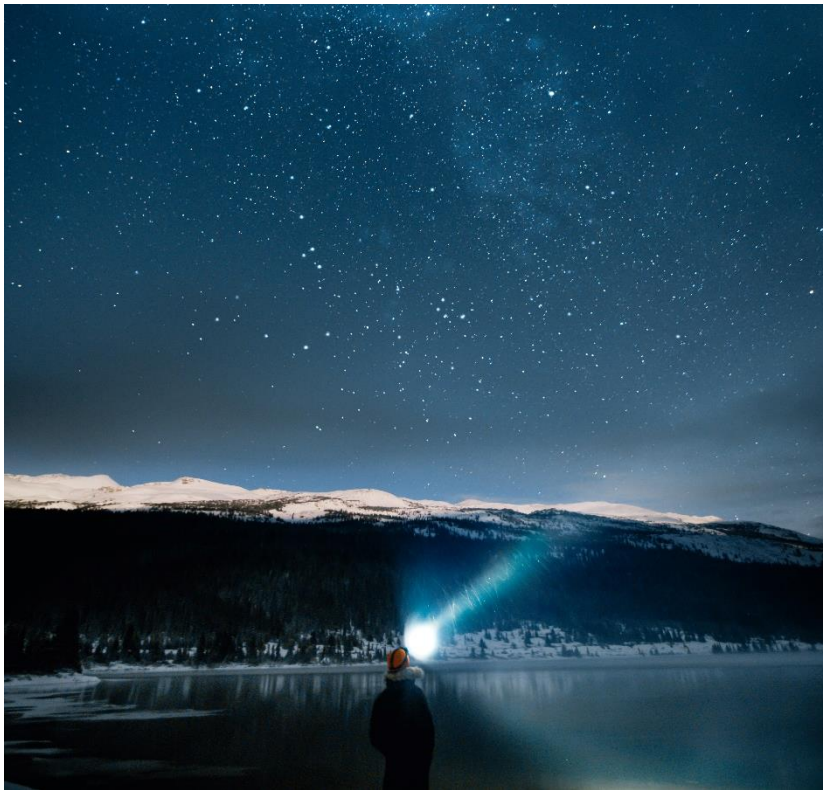


1 Day Lake District Winter Skills Course
Information Pack

COURSE OVERVIEW

If you have spent some time in the mountain over the summer month you might have even done a summer course with us before and wondered how you would stay safe in the mountains in the winter.

The winter skills course lake district is absolutely for you. Unlike the 2-day winter skills course the one-day winter skills course in the Lake District is a great way to get taste what being in the UK mountain is like in winter and learn the needed skills to be safe. The course is put together to allow you to be able to head into the mountains with a basic knowledge and skill of being in the mountains in the winter.



PREVIOUS EXPERIENCE

Ideally you have done some summer mountain walking and scrambling. You do not need to be super fit for this course however you are about to spend 8 hours in the mountains so a basic level of fitness would help.

WHAT WE PROVIDE

- ✓ A qualified Winter Mountain Leader or above
- ✓ Map and compass as required
- ✓ Helmet.

KIT HIRE FROM ADVENTURING

Adventuring has a small stores of winter equipment you are welcome to borrow. We ask for £50 deposit (returnable) as well as the hire cost.

- ✓ **C2 Crampons** - £45 per day
- ✓ **Walking axe** - £30 Per day

OUTLINE ITINERARY

An exact program is difficult to confirm as we operate according to the weather conditions, but typically we would aim to do:

- **Sat -08.00 am** – Meet at a central café this is normally – Esquires Café in Ambleside LA22 9BT
- **Sat -08.00 – 08.30** - Introduction to course, kit check
- **Sat 08.30** - Depart Café – travel to mountain destination.
- **Sat – 17.00** - back at car 😊
- **Sat – 17.00 -17.30** debrief

NB – The course does not end there. You are welcome to contact us any time to ask questions or recap on anything we have taught you during the course.

WEATHER CONDITIONS

Let's face it we live in a wet and cold country! So, to be ready for that, you must come prepared for whatever weather is forecast for that weekend.

Adventuring would not cancel a challenge except in extreme circumstances. Our guides will endeavor to make the best use of the conditions to give you an enjoyable and rewarding day out.

LEADER / GUIDE

A qualified and experience Winter Mountain Leader (WML), who has expert knowledge and understanding of the mountains in winter conditions.

The guide's job is to keep you all safe, teach you the skills to be in the mountains in the winter and make sure you have the best time possible.

They are responsible for the safety of the whole group and their word is final. We ask that everyone respects that, if you choose not to take the advice of the guide you void all responsibility from Adventuring



EQUIPMENT

All our leaders will carry an emergency shelter, comprehensive first aid kit, phone, and navigational equipment.

You will just need your personal equipment as below:

Item	Notes	✓ Packed
<u>To carry on person while walking</u>		
25 – 30-liter ruck sack ***	A waist strap and sternum strap are great for spreading the load – Walk around before with your bag packed to ensure its comfortable.	
Water proof bag	This is ideal to put all your gear into and keep it dry	
Spare warm layer ***	A good warm insulated spare jacket either down or a synthetic material	
Gloves and Hat ***	Pack 2 pairs of each in case 1 gets wet	
Waterproofs ***	Top and bottoms ensure they are waterproof and good quality	
Blister plasters & pain killers	Always handy to have	
Medication ***	Any medication that you are on please note we should be aware of this before the start of the challenge.	
Headtorch and spare battery's ***	A good place to put your torch is the top of your bag where it can be easily accessible	
Camera	For those awesome shots	
Snacks	Bring plenty of food during winter you burn more calories than the summer.	
Water - min 2 liters ***	A hydration system such as a camel back is best and comes recommended. Water favoring such as Robinsons makes for a nice treat.	
Walking poles	Optional but they do help!	
Walking boots	A minimum of B2 *** Adventuring does not hire out boots but knows a local place that does.	
Walking Crampons	A minimum of C2 *** We can hire these out please see above.	
Walking or mountaineering axe	Any good outdoor shop will sell these *** Adventuring can hire these to you.	
Walking top and bottoms	Lose outdoor pants and top work, best stay away from cotton.	
Ski Goggles	Really handy when its windy and throwing snow in your face	
*** These are the items that you MUST carry and before we start will be checked		

Adventuring and the whole team would like to thank you for choosing this course and look forward to meeting you. However, if you do have any questions all please feel free to contact the office at any time.

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[Youtube.com/adventuring](https://www.youtube.com/adventuring)

Participation Statement

Mountain Adventure Lake District recognizes that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.